



BEST PRACTICES in HIV PREVENTION EDUCATION Curriculum Training

Skills for Sexual Health That Work with Adolescents

MAINE HEALTH EDUCATION LEARNING RESULTS IN ACTION

A TWO-DAY, NO COST^{*}, CURRICULUM IMPLEMENTATION TRAINING

February 7-8, 2012, 8 am - 3:30 pm

Maine Principals' Association, Augusta, Me

Best Practices focuses on sexual health, primarily with the skills to reduce very specific behaviors that put young people at risk for HIV/AIDS, sexually transmitted infections & pregnancy. It's researched and evidence-based—proven to change behavior.

In Maine, 6 out of 10 high school students will become sexually active by the end of 12th grade.

One out of 10 high school females report having been forced to have sexual intercourse.

For these reasons, it is essential that young people be given the skills to delay the onset of sexual intercourse and abstain from sexual intercourse.

The Best Practices training session can update your program with a new high school HIV & STD prevention curriculum that impacts sexual behaviors. Refusal skills, delaying skills and skills to deal with social pressures are taught throughout the 13-lesson curriculum. These skills can also be used in other health risk behavior areas.

The Best Practices curriculum was designed for health educators. It builds lesson by lesson in skill level and practice, and is aligned with the Maine Learning Results in Health Education, covering several of the health content areas. Plus, the kit includes model tasks for local assessment. Teachers will find it easy to use after the training.

Feedback on the curriculum has been enthusiastic! One teacher reported that guidance counselors heard about the program from students. Plus, students were talking about the curriculum as they waited for class and abstinence became a term that came up often in student conversations for the first time. Teachers have found the curriculum to be user friendly, while the supplemental kit includes everything they need. Several teachers said, "We wish we had a curriculum like this for all the health areas."

"I just finished the last lesson in Best Practices – it was great. My students were so involved in the program that they were upset when it was over!"—
quote from high school teacher

^{*} Funded by the U.S. Centers for Disease Control and Prevention

This training:

- ❖ Is absolutely free, interactive and fun
- ❖ Meets Maine *Learning Results* and health education content
- ❖ Offers teacher-friendly/student-centered curriculum that works
- ❖ Includes local assessment tool
- ❖ Reinforces refusal skills across the curriculum
- ❖ Provides consultation & technical services from the Department of Education
- ❖ Provides kit including all necessary materials
- ❖ CEUs (1.4 units) and Contact Hours (14 hrs) available
- ❖ Offers substitute teacher reimbursement (up to \$75 per person)
- ❖ Makes available \$300 implementation grants:

In order to receive implementation grant funds, you and/or your school must agree to:

- Approach your administrator and/or school board to teach **Best Practices** once as a pilot, if required locally.
- Attend all sessions on each of two training days.
- Teach all of the lessons to fidelity in at least one class.
- Have students complete a pre/post survey.
- Provide a brief report on how grant funds were spent.
- We prefer two staff members from a school system attend the training so that there is support for implementation.

In Maine, three out of ten young people report having had sexual intercourse by the end of 9th grade. By the end of 12th grade, *more* than six out of ten students report having had sexual intercourse. For this reason, it is essential that young people be given the skills to abstain or delay the onset of sexual intercourse, as well as obtain skills to negotiate and practice safer sex as an important aspect of one's sexual health. Both are the objectives of "Best Practices in HIV Prevention Education." If you have questions about the curriculum, please contact us. A curriculum fact sheet can be faxed or emailed for your school administrator if needed.

To register, go to: <http://www.maine.gov/education/hiv/trainings/index.html#bestpractices>.

If you are awaiting approval to attend, contact us to save you a slot. You will receive a confirmation letter and directions to the site via e-mail and fax. Please be sure to include your e-mail address and fax number on the registration form. **Registration deadline: January 24, 2012.** If you have any questions, please contact us.

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We look forward to seeing you at the training!